

**Linda Clair**  
**Seven-day Meditation Retreat**  
**Kallara Conference Centre – September 2019**  
**Transcription from Audio Recordings**

**File 2b – Sunday morning guided meditation**

Linda: Counting the breath can be a very valuable practice. Some of you may not have used it before. It's very simple, very basic, but very effective.

So you breathe in through the nose, and as you breathe out, from the abdomen, you count "one." You breathe in, then (as you're breathing out), two. Breathe in, then three. If you can get up to ten without losing count, simply go back to one again. If you can't get up to ten that's fine. If you suddenly lose it and don't know where you are, go back to one. It can be surprisingly difficult to count to ten without getting lost in thinking. What this does is give you an extra anchor.

You might have the beginnings of thoughts in between the numbers, which is fine as long as you don't lose count. And really count from the abdomen, from the body.

So it can be very good to use at the beginning of the sit, for a while sitting sometimes or whenever your mind is particularly busy. What it does is stop you getting deeply into one train of thought. So experiment, try it. It can take a while to get used to if you haven't done it before, but persevere.